Managing Your Feelings and Actions

Check your feelings. For example:

- "I feel _____."

Decide what to do. For example:

- "I need to get calm."
- "I'm okay."

What to do if you need to get calm:

- Take three deep breaths. Between each breath, say two or three short words that remind you to get calm.

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Solving Problems After You Are Calm

1. Ask, "What is the problem?"

2. Ask, "What are some possible solutions?"

3. For each possible solution, ask, "Is it fair?" and "How might people feel?"

4. Choose a solution and use it.

5. Ask, "Is the solution working?" If not, ask yourself, "What can I do now?"

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